[redacted]

Must Remain in
Transcription Room

M2560
Barn
Lunch
Sunday, April 13, 1975

MR. NYLAND "You know, it is sometimes very difficult to strike the right tone for many people. When one becomes interested in certain subjects which do require study and moreover when they really necessitate ~~their~~ an application in one's life you will get a variety of different people ~~that~~ have different kind of experiences and in the sense of progress they are at a different place. If one could compare it to building a road you can say that all the people are working on the road but it does not mean that the conditions in which they are working are the same for everyone. For some ~~they~~ digging may be easy when there are no ~~snows~~ stones and you may be happy that someone else has a stone to overcome. Maybe the next moment the stone comes for you. And therefore it is difficult when one talks in a general way about certain questions which are important and sometimes they are only important for a few but after some time they might become important for someone else. And so one must always take, for instance, when we talked last night about what is important in a very general way, can become important for everyone in their life, provided they wish to continue with a further development ~~and a growth~~ in evolving, that is of that what can become a progress for themselves in the development of what they ought to become or wish to become as a man ought to be. And that there are many ~~different things~~ difficulties in life that will prevent him and maybe there has to be patience and at times maybe there is disappointment but the continuation of one's life, it is still long enough to have a chance to uncover a ~~variety~~ or of different things that are obstacles in the development and all that is required is to keep on wishing to find out how to overcome such obstacles. That is different for different people at different times and the obstacles are also different and so we talk about equations with many unknowns and they are not applicable to each person individually , then only perhaps at a certain time but what really is necessary is to take the essence of that what we talk about and to use such principles within your own life. That is where you have a chance of a further understanding and becoming independent on what is being said or even what you read or even what you have been thinking about that there

is a chance then, at times, to see what is there that could be used in your own life as an application or can give further insight of what you actually are and with that you keep on working, because the obstacles that are in the way are different for different people and at the same time the tendency of unconsciousness is always to avoid an obstacle and follow the line of least resistance as much as you can as exactly in trying to overcome the difficulties that you will reach, as I've said several times, the stars. If it is a question of actually using this lifetime for a definite purpose of preparation or an understanding what is the meaning of life at the present time as we now have to live it on Earth; that it has to have a different kind of perspective in relation to the totality of things existing everywhere and always in different forms in whatever place it happens to be in the Universe as a whole. One cannot avoid to go into the depth within oneself of an understanding of what is really there within one's own inner life. And it is always a question to discover what is there and listen then to see if that what is alive as a form of an inner existence wants to be attended to. That is asks actually for a possibility of a development. Naturally it depends on what a person is and how much attention he wants to pay to the possibility of a spiritual development and that many times we don't even want to pay attention to it, partly because it's too difficult and partly it doesn't seem to be worth while and partly because you believe that it is sufficient just to live your life on Earth and after that who knows what happens. Of course one does not always talk that way and sometimes it becomes a little difficult to understand that we should pay more attention to that aspect and there are always different reasons why we don't and in many ways we simply say there are very good reasons why we are unconscious in our terminology or why we are asleep. But after all this whole question of being awakened, that is that one is called at a certain time to see what is what and what to do with it and to take then responsibility for that what one can understand and maybe can create within oneself also a wish for further discovery. That is what we are talking about most of the time; to undo the different things which now prevent us from seeing straight and if there is a possibility of a realization first that there is a responsibility for the acceptance of one's life as it is being led now and we have to live it on Earth and at the same time seeing that that might lead to the possibility of further freedom and more understanding and will establish in that way a certain relation-

ship towards that what is of a higher nature and ultimately in the name of God that certain things will take place on this Earth and within oneself, that one starts to consider more and more one's own little world with which one has to deal and to take into that world that what can be acceptable and can be useful for oneself if one is interested in the possibility of further development. Of course when that isn't there, it is just a matter of existing a little bit and the utilization of life as it has been given without any particular aim. We talk when we want to talk about inner life about an aim that a person should have and try to find out in what way he can find the best opportunity and perhaps even the best efficiency of doing that what he has as energy and utilizing it in such a way that he can become and remain responsible for such usage. I say it is difficult to make generalizations about that and the only way is a stimulus that anyone can derive from any kind of a discussion of this kind, any kind of a nature that actually indicates that the possibility of a natural development will lead to constant recurrence of that what takes place on this Earth and particularly when one gets older that one keeps on repeating and sometimes even loses interest in that what one already knows and no further wish to want to further develop. At the same time if that is an inherent wish within oneself, there also has to be an opportunity for acutally following up on it, to see in what way it can develop for the satisfaction of one's own conscience. Because if that doesn't play a part, of course one becomes just a little bit of an automaton. A person who keeps on living and eating and drinking and sleeping and that's all there is to it and he neglects that what he has as an inner life and sometimes in order to rationalize sufficiently he will tell others that there is no inner life for him like many people will say there is no God and even if they say there is an agnostic solution to the problems of life; after all there is very definitely in every person a distinction between that what is higher and that what is lower. That I think is the problem for mankind as a whole, to see in what way they want to attatch themselves to that what still can develop and what is of a different kind of a quality. I would say for the satisfaction of their own conscience if that happens to exist. Of course the difficulty is how to devlop that and how to base that what we now experience and use it in such a way that we can help the conscience of a person. Conscience, I linked up last night with an emotional state. It makes out of facts something that actually can continue to exist on its own, without puting the facts together in a cold fashion. Even if logic would connect them it does not give you any, any feeling about them and therefore it is

so completely important for any one man to understand that his emotional life is really the most important factor in this whole endeavor of wanting to develop further. It is simply that the mind at the present time is not able to do that as yet. It does not give sufficent insight and there is no possibility of a devlopment in the condition in which it is because unfortunately it is too much filled with a lot of sawdust and too many associations so that the mind on itself cannot think straight and it has to change. It can only change by taking a first step of a wish actually to have such a wish for oneself be, let's say, become part of oneself totally. In that what actually is pronounced within a man is his attitude, first to himself and in the second place to that what is around him, his friends and the people he does know and, in the third place that what he calls his higher nature and his own God. But you see we are even in that direction, even if it sounds theoretically to be correct, it is not the way we can do it because we are prevented by really making that what is most important come first. Because that what we consider important for ourselves is always the first consideration. One has to change that. I think the emphasis has to be on the possibility of a devlopment of inner life in relation to that what God has given. And what is the totality of all life, all religions will indicate that as an attempt. Sometimes we say having to go to heaven in order to reach that kind of a state. It is necessary to realize that heaven can be on Earth provided we change our attitude towards that, so that then in the first place it is a totality of all life existing that we become aware of. In the second place, that is taking place also in other people very much like we are and only in the last instance that one considers oneself for one's own wish for development. I don't matter-it doesn't matter where it really starts as long as the three are considered. Now in order to develop for oneself the accent has to be placed on that what is reality first, of that what is a human being and what is the reason for his own existence on this Earth and to see that on a much larger-with a much larger aspect and perspective, that we are not just here on Earth because we happen to be a part of humanity. There are universal laws; there are cosmic laws; there are differences of existences everywhere in this Universe and we are just a little bit of an example or perhaps just a happening of some kind existing on this Earth. At the same time it is possible to think about it and that is our saving grace, that we can actually consider the possibility and then set in motion an emotional energy towards a wish of wanting to achieve that what seems at times quite impossible to reach. When we talk about a conscience, it

really means that that becomes for a person the most important factor in his life. We emphasize it many times by saying that we ought to care, that we ought to share, that we ought to see others and care for them and to help them, and see what can be done for them and in doing that perhaps even develop something within oneself which will be helpful to us, ourselves. Whichever that way is you take a group and which ever way you want to help each other in this group, the whole idea is that in doing that you will grow up and that that what you wish to overcome for yourself can be overcome by means of doing something for someone else. I will give you a little task from now on. We have small groups and originally we based them on friendship; we based them on trust. We said that one or two get together and then select a third one and a fourth, because they are friendly, because you will be able to let your hair down. You could actually in that kind of privacy say what concerns you and what you then feel you can do because you can be trusted. That is one kind of a small group and it is a very good kind in principle and I think we have several of them but now I would ask you to take another task. Select now someone with whom you disagree. See that you can talk with someone because he may be argumentative; he may have different ideas from you. You might have to be patient in wanting to understand him but at least there is an obstacle to be overcome when you want to talk and discuss and not only with two, two or three or four, a small group, a little, I would say, antagonistic. It is quite unusual because usually in life you don't do that. You follow the line of least resistance. You want to associate with your frineds and your enemies, you keep them out of your house. In this way you invite objections. You invite obstacles. You test yourself to see how you can beat them and in what way you should actually be able to change to see what you can do with yourself, that you yourself could become much more flexible instead of the stereotyped behavior form with which we always present ourselves to the outside world. The adaptability of that what actually you should be able to do is the overcoming of difficulties on the road on which all of us are working, and instead of saying I'm glad that someone else has a stone and I don't, I would change it and say, I will take his place. Because he has a stone I want to Work and find out what is the truth for myself. It would change the character of some of these small groups but it would be extremely useful if actually in such a condition and, having your little enemy in front of you, that he might actually tell you the truth which your friends are not doing always because they don't dare. They don't want to give up their friendship. You see nothing is really lost

in the end because you don't have to take what someone else is telling about you. You still have to verify it. It is still a question of your own Work. You only stimulate it to actually consider that what has been said as perhaps maybe truthful, maybe because you didn't know it. But it is quite possible for an enemy to be much more objective to you than a friend, and we are not interested in just discovering all the different things that are nice and with which one can live. Everything is not always built on trust. The trust remains ~~always~~ within yourself, that is your consideration for that what is truthful within you and the consideration of that what you are as an ordinary manifesting person in relation to that what is your inner life. That is without any question, always something that you must be absolutely sure about, that you tell yourself the truth about yourself. That is your conscience. But I'm only saying that it would be extremely useful to know what other people really think of you, if they are willing to tell you. And maybe by doing such a thing, like having a little small group of enemy-- animosity that maybe the truth, the truth will become known. I know what I'm talking about. I don't want to exclude the possibilities of further growth development for anyone. Don't become ingrown. Allow yourself to open up to see what is still for sale. Don't close yourself up too soon. There will be these tendencies when you grow older, that you will avoid a variety of different things, partly because you are afraid of it, partly because you say it is not necessary any more because you happen to know already this and that and the other. Of course you don't; you never will know enough. Don't ever think that this question of development is ending. There is not when I use the awareness and someone comes in ~~who is~~ he's a little new and says oh yes I know that because I've done it all my life. Of couse it's utter nonense! They don't know anything about conciousness and conscience. And until you start then you discover what you really don't know and then perhaps it can be turned into the wish to really grow up and become a man of all kinds , of all possibilities, of harmony of being able to meet different conditions in different forms of life and still retain within oneself that kind of solidity we do talk about. You see because after all this question of God within ~~one~~self will take on all kind of different forms and you don't know enough about God. You don't know how we sometimes and we may be, we can assume it that he he will tell you to do certain things ~~that~~ you don't want. And he leaves you alone because unless you yourself wish it, God has nothing to say. He can send an earthquake and he can ~~send~~ make all kind of catastrophies but this

is a question of a personal development of yourself with your God and I think that your God ought to tell you the truth in all conditions at any one time whenever there is anything of yourself that he feels ought to be said, you ought to be able to listen to it at such a time, to be open, and to say yes, tell me, tell me more so that I really can use it because my sincere wish is to grow up. Sometimes when we talk about this you know we talk about sincerity. We always have an expression on our face of something that is so serious that we cannot even smile anymore. Seriousness can be, even with a smile on your face. Don't become too heavy. At certain times you must be because certain things have to go deep and you only will be able to do it when you become open to that and willing to let it enter but at other times this question of aliveness must come to the foreground in a variety of different ~~of different~~ things and particularly being expressed towards other people so that even you can make a friend out of an enemy. These are tasks you see, small tasks. They don't amount to very much but by itself they amount to a great deal because it will make a man in his life much more able to meet many conditions particularly those with whom he disagress. He must learn to understand them, to see what makes them the way they are, to find out for yourself what you are, to see actually if then you can come to a conclusion by the overcoming of certain frictions. (side two) I didn't mean to make this so long but I want you to be absolutely sure that you understand what I'm talking about. Many times I say things that are a little contradictory to what we have said before. All of that you must consider. Whatever applies at any one time can become positive for you at that time. Whatever is negative you leave alone for the time being until you understand it's negativity. When you have that understanding it will become positive. Totally all opportunities exist at any one time, anywhere. That's the attitude one should have. Don't turn yourself away from your enemies or your friends. Use every opportunity that does exist because it is given for that purpose. We live on this Earth in order to extract from this Earth [illegible] whatever is given in beauty , in aesthetic value, in culture, even in things that are wrong, in things that ought to be different, in things that are suffering. All the time it requires for oneself to see what you can use for your own growth and to become principally correct regarding that what you wish to become as a man. That, after all, is important because if we strive towards that, if we can cooperate on that kind of a basis, this group will have reason for existence. If we don't unite in that sense, if we don't have that understanding, I say many times it is

like loose ~~ends~~ sand and the winds and the rain will come and they will wash it away. If there is something that could become permanent, more permanent sometimes than ordinary relations are because they are many times dependent on outside circumstances. These relations of cooperation depend on your inner life and within your inner life there is your life as it is and life is as life always the same because it is a force ~~that~~ which is universal. The more we can understand that and learn it the more you will wish certain obstacles to come in your way in order to see what is your strength, what can you find out about yourself, how then can you be trusting, how can you become truthful, how can you be of help to other people. If there is a group, let the group be in it's sincerity that what it has as an ideal. Don't become too superficial too soon. Wait until you can afford it. Go through the difficulties now. Maybe afterwards the perspectives of your life when you look back on it and say to yourself, that has helped me and that was all right and that was difficult but for the sake of further living I went through it. The continuation of your life always means that that what has been given to you still is not as yet finished and the continuation of that what is ahead of you simply is dependent on your understanding of what you have extracted from your past. Each time, each day there is a past to consider of yesterday. Each day there is a day to see what might be in store ~~for~~ in the future, constantly living in one day for that day to give that day it's own value. Prepare for that what will come by using that what has already been in existence. There are many Birthdays around this time. Aries ~~is~~ probably is very good for Work on oneself, I don't know. We will see. Maybe they would be glad to be Taurus, but in any event, whatever you are it doesn't matter so much. There is equality in the total Zodiac. Wherever you happen to be on that kind of a circle, you're still as much away from the center as anyone else. That is why the Knights of the Round Table had a round table to sit on. There was no particular preference. Each person had his task to fulfil and each one of them under the leadership of King Arthur would relate about what they had done in their life, what their aims were and what they actually hoped for and to some extent what had been accomplished and what still was within them as an ideal to be striven for. Let's every once in a while come to a conclusion that we are very far removed from the fulfillment of an aim but that there always is hope that one can wish to continue and that in the constant application of that what we understand by a serious attitude for one's emotional life, a great deal of that kind of a wish that could flow over towards others can be helpful in the stimulus for others to really want to try to understand themselves and in that sense perhaps

there can be a unity which I hope will continue to exist for some time to come. Drink to Gurdjieff; he is in the center of the circle. So Peter, will you play a little.

TAPE ENDS WITH PIANO MUSIC

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